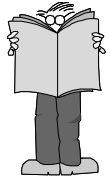








SELF CARE

Idea List for OCTOBER



- ☐ **Perform self breast exams once a month. Hang a breast self exam shower card as a reminder.**

- ☐ **Ask your pharmacist for advice when treating yourself with over-the-counter medications. A pharmacist can advise you on the value and relative benefit of one product over another; help you save money by recommending the right product; and explain the proper way to use individual medications.**

- ☐ **Unless you're sure your partner is free of any sexually transmitted disease, protect yourself by using a latex condom every time you have sexual intercourse.**
- ☐ **"Back" to Sleep. Infants should be placed on their backs or sides to sleep thereby decreasing the risks of Sudden Infant Death Syndrome.**
- ☐ **Check adult immunization needs, especially the flu shot. Get immunized, National Adult Immunization week occurs in October.**

- ☐ **Exercise as a family. Walk or cycle. It's more fun, and studies show a 49% drop-out rate within a year when people exercise alone.**

- ☐ **Office Visit. Observe your symptoms. Make a list of questions to take with you. Ask, listen, get good advice, then follow through. Look up office visits in the Self Care book.**
- ☐ **Develop a family homefire escape plan.**